

AMENDMENTS TO THE SPECIFICATION

At page 2, lines 5-6, replace the headers with the following header:

~~DISCLOSURE OF THE INVENTION~~

~~PROBLEMS TO BE SOLVED BY THE INVENTION~~

SUMMARY

At page 3, line 10, delete the header "MEANS FOR SOLVING THE PROBLEM."

At page 7, line 12, immediately following the text "... proanthocyanidin is an oligomeric proanthocyanidin." insert the following header and paragraphs:

BRIEF DESCRIPTION OF THE DRAWINGS

Fig. 1 shows periodical changes of FRAP values in rats to which the pine bark extract was administered. In the drawing, ● is a group to which 20 mg/kg of the pine bark extract was administered, ■ is a group to which 50 mg/kg of the pine bark extract was administered, ▲ is a group to which 100 mg/kg of the pine bark extract was administered and ○ is a group to which 100 mg/kg of vitamin C was administered.

Fig. 2 shows an influence of ingestion of the pine bark extract on a rise of lactate dehydrogenase in plasma upon a training for one week.

Fig. 3 shows an influence of ingestion of the pine bark extract on rises of myoglobin and lipid peroxide in serum upon a training for 12 weeks.

Fig. 4 shows an influence of ingestion of the pine bark extract on lactate dehydrogenase (LDH) and creatinine kinase (CPK) in plasma in long-distance runners.

Fig. 5 shows an influence of ingestion of the pine bark extract on a rise of lactic acid value in blood in long-distance runners. An abscissa shows elapse of time after starting the exercise load. In the drawing, ■ is a group ingesting the test food and ○ is a group ingesting the comparative food. " * " shows a statistically significant difference $p < 0.05$ for the group

ingesting the comparative food and “ ** ” shows a statistically significant difference $p < 0.01$ for the group ingesting the comparative food.

At page 7, line 13, replace the header with the following header:

~~EFFECT OF THE INVENTION~~

DETAILED DESCRIPTION

At page 7, line 25, delete the header “BEST MODE FOR CARRYING OUT THE INVENTION.”

At page 18, lines 1-7, replace the paragraph with the following paragraph:

The composition of the present invention is useful as an agent for preventing and improving the fatigue in ~~[[which-cell]]~~ which the rise in lactic acid value upon physical exercise is suppressed whereby muscular fatigue is reduced and continuous exercise is made easy, and particularly as an agent for prevention and improvement of muscular fatigue, and as a health food for prevention and improvement of fatigue.

At page 18, line 9, delete the header “BRIEF DESCRIPTION OF THE DRAWINGS.”

At page 18, line 10 through page 19, line 5, delete all the paragraphs from the text “Fig. 1 shows periodical changes. . . .” to the text “. . . group ingesting the comparative food.”